

Seared Cod & Date Vinaigrette

with Browned Butter, Quinoa & Spinach Salad

In this recipe, we're livening up our cod fillets with a hearty quinoa and spinach salad, made with almonds, radishes and rich browned butter. For even more incredible depth of flavor, we're dressing the salad with a sweet and tangy Medjool date vinaigrette. Medjool dates, a gourmet variety that originated in Morocco, are prized for their chewy texture and luscious, honeyed taste. We're also using the vinaigrette to top the cooked cod, to bring the entire dish together.



Ingredients

- 2 Cod Fillets
- ¾ Cup Red Quinoa
- 3 Ounces Radishes
- 2 Ounces Spinach
- 1 Bunch Cilantro

Knick Knacks

- 2 Tablespoons Sliced Almonds
- 2 Tablespoons Butter
- 1 Tablespoon Sherry Vinegar
- 1 Ounce Medjool Dates
- 1 Shallot

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min



1



Cook the quinoa:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **quinoa**. Cook 16 to 18 minutes, or until tender. Drain thoroughly and set aside. Rinse and wipe out the pot.

2



Prepare the ingredients:

While the quinoa cooks, wash and dry the fresh produce. Trim off and discard the root ends of the radishes; small dice. Roughly chop the spinach. Peel and mince the shallot; place in a bowl with the **vinegar**. Pit and finely chop the dates. Pick the cilantro leaves off the stems; discard the stems.

3



Start the salad:

In the pot used to cook the quinoa, heat the **butter** on medium-high until melted. Cook, stirring occasionally, 15 to 30 seconds, or until the butter foams. Once the foam subsides, continue cooking, stirring and swirling the pan occasionally, 2 to 3 minutes, or until deep golden brown and nuttily fragrant. (Be careful not to overcook, as the butter can burn easily.) Turn off the heat. Stir in the **radishes** and **almonds**; season with salt and pepper.

4



Finish the salad:

To make the date vinaigrette, add the **dates** to the **shallot-vinegar mixture**; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until thoroughly combined. Add the **cooked quinoa**, **spinach** and **half the date vinaigrette** to the pot of browned butter, radishes and almonds; stir to combine and season with salt and pepper to taste.

5



Cook the cod:

Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets. Cook 2 to 4 minutes per side, or until lightly browned and cooked through. Remove from heat.

6



Finish & plate your dish:

Divide the **finished salad** and **cooked cod fillets** between 2 plates. Top with the **remaining date vinaigrette**. Garnish with the **cilantro**. Enjoy!